



Step 5 - Posts

1. Start half-way up the lane on the right side. Off a pass, make an inside pivot and step through, using at least, two dribbles to get to the power lay-up.

GOAL: Make ten consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

2. Start at the top of the circle (2 steps back). Take two hard dribbles with the left hand to the left elbow for the shot.

GOAL: Make five consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

3. Shoot free throws.

GOAL: Make ten consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____

4. Start at the top of the circle (2 steps back). Take two hard dribbles with the right hand to the right elbow for the shot.

GOAL: Make five consecutively

Day one: _____ Date: _____

Day two: _____ Date: _____

Day three: _____ Date: _____